

2nd Kislev 5769/29th November 2008

Minister: Rabbi Lionel Rosenfeld

Emeritus Chazan: Rev. Moshe Dubiner

Parashat Toldot

Hertz Cohen Stone Gutnick Shabbat Begins 3.42pm

Sedra 93 140 124 156 Shabbat ends 4.49pm

Haftarah 102 159 1137 1487



Toldot

(Genesis 25:19-28:9)

Living For Tomorrow

Esau and Jacob were twin brothers. Esau spent his days hunting in the fields and his brother, Jacob, spent his time studying and learning. One day, Jacob was making a stew when his brother Esau came in from a long day of being in the field and...

"Esau said to Jacob, 'Pour ... me ... some of that red stuff for I am exhausted.' Jacob said, 'Sell ... your birthright to me.'Esau said, '...I am going to die, so of what use to me is a birthright?'" (Genesis 25:30-32)

A LIFE LESSON

Why would someone sell his birthright, which was worth an incalculable amount both spiritually and monetarily, for a bowl of stew? Esau gladly did so and then justified it because he was one day going to pass away.

Sadly, this is the similar rationale we use ourselves when we want to engage in any unhealthy behaviour. We all live with a constant inner struggle between having immediate gratification or thinking about the future. But healthy decisions can only be made when someone lives with the awareness that his choices have a direct impact on his life. This "tomorrow filter" is what all of your desired actions need to pass through.

Many smokers rationalize their habit by declaring that, "we're all going to die of something ... I might as well enjoy myself." If you push that faulty logic a little further, they might as well live their entire lives just as recklessly. How about only eating foods that are loaded with sugar or fat? Or maybe experiment with drugs after a long, hard day.

The problem with all of this is there is a tomorrow and it's precisely how you live today that will determine this tomorrow. Pointing out someone you know who never got sick and lived to 129 years old on a diet of whisky, steak and cigars doesn't give you the freedom to live recklessly and without limits. In fact, it's actually these stories that give you true free will to choose a correct and healthy path.

Esau cared only about what he wanted *now*. There was no thinking about tomorrow. This kind of thinking can lead someone to do anything he feels like doing and then proudly and confidently justify his behaviour.

You can only truly feel great when you sacrifice short-term pleasure by investing in your future and doing what's right. Sacrificing what's right for your immediate pleasure is ultimately extremely bad for you. And that's the great irony.

G-d set up a system that demands that we grow. And this can only happen through fighting temptations and doing what's right. Then the lasting joy you'll own forever will be on a stratospheric higher level than the temporary and fleeting pleasure you passed up. And the more you're able to do this, the happier you'll be. Today and tomorrow.

Shabbat Shalom

((contributed anonymously))

Next Shabbat - Vayetze

5th—6th December

Commences 3.38pm

Mincha & Choral Kabbalat Shabbat 3.45pm

Announcements

Mazal Tov to Harry Soning on his Bar Mitzvah and to parents Jamie & Julia Soning, great grandpa Issy Leviton, grandparents and all the family

A warm welcome to Rabbi Leivi & Rebetzin Sudak who are with us this Shabbat

Kiddush Sponsor

The Soning family invite the congregation to Kiddush to celebrate Harry's Bar Mitzvah

Breakfast Sponsor

Breakfasts this week are kindly sponsored by Zali Jaffe of Jerusalem, a regular visitor to our daily Minyan

Forthcoming Wedding

Mazal Tov to Woolf & Shirley Rayden on the forthcoming marriage in Israel of their granddaughter

Birthdays—Mazal Tov to:

Kate Lipton	Max Lipton
Sam Lipton	Clive Gee
Beverly Miller	Pamela Davis
Shirley Rayden	Cyril Chody
Gerald Grossman	Lilian Danna
Joseph Bromberg	

Wedding Anniversary— Mazal Tov to:

Nicola & Laurence Krieger
Valeria & Daniel Levy
Lydia & Manfred Gorvy

Refuah Shelemah

Sidney Jaque	Shlomo ben Sara
Nat Winsor	Noach ben Miriam
	Chaya
Gertie Endfield	Rachel bat Yehudit
Raphael Etesami	Raphael ben Michal
Seymour Freed	Shmuel Ze-ev ben
	Sara Rivka
	Shira Rivka bat
	Yehudit Bat'zion

Diary Notes

Friday 28th November Rosh Chodesh Kislev

- 7.15 am Shacharit followed by breakfast & Haftarah Shiur by Ervin Landau
3.45 pm Mincha, Kabbalat Shabbat & D'var Torah by Rabbi LR

Shabbat 29th November

- 8.45 am Shiur with Stanley Simmonds
9.15 am Shacharit
3.45 pm Mincha, followed by Seudah Shlishit, & D'var Torah By Rabbi Lionel Rosenfeld
4.49 pm Maariv & Havdalah

Sunday 30th November

- 8.30 am Shacharit followed by breakfast and Thought for the Day by Alan Goldberg
10.00 am **Cheder Age 4 – 12 years.** Contact Batsheva Burns for further information on 0796 88 555 96 or email cheder.marblearch@gmail.com

Monday 1st December

- 7.30 am Shacharit followed by breakfast & D'var Torah by Michael Milston
10.30 am Rabbi Rosenfeld's Parsha Shiur for Ladies

Tuesday 2nd December

- 7.30 am Shacharit followed by breakfast & Shiur by Rabbi Yosef Vogel

Wednesday 3rd December

- 7.30 am Shacharit followed by breakfast and Parsha Shiur by Ervin Landau

Thursday 4th December

- 7.30 am Shacharit followed by breakfast & D'var Torah by Bernard Silver

Friday 5th December

- 7.30 am Shacharit followed by breakfast & Haftarah Shiur by Ervin Landau
Evening Friday Night Live at Marble Arch with Rabbi Lionel Rosenfeld and Rabbi Yisroel Lew

Mincha & Ma'ariv through the week

Sun 30th November - Thurs 4th December 3.45pm

Security Rota

Stephen Factor. Peter Reichwald.

Kiddush Rota

Linda Sharpe. Angela Wayne.

We are delighted to inform all members that the refurbishment of the Bloomstein Hall and kitchens is continuing. They will be out of service for the next several weeks. We apologise for any inconvenience caused and thank you all in anticipation for your understanding and on going support.

*Very best wishes & Shabbat Shalom
Ruth & Linda*

FOR YOUR INFORMATION

Rabbi Rosenfeld's Parsha Shiur for Ladies

A weekly series. New participants are most welcome. Next Shiur Monday 1st December at 10.30am.

Rabbi Rosenfeld's Hebrew Reading & Understanding the Siddur Class

Only 2 members have registered for the class Those wishing to join should email Rabbi Rosenfeld on rabbilr@marblearch.org.uk or call the office.

Friday Night 5th December— Friday Night Live at Marble Arch

Another singles dinner in conjunction with Rabbi Israel Lew of Chabad Bloomsbury. For full details go to the Chabad website

Choral Kabbalat Shabbat & Shabbat Morning Service, 5th - 6th December:

We are delighted to welcome world-renowned Composer and Choir Director Stephen Glass together with Chazan Gideon Zelermyer and choir from Montreal, who will join Rabbi Rosenfeld for Choral Friday night and Shabbat morning Services

Luncheon Club Shabbat 6th December

Please make your reservation through the office to avoid disappointment.

Please make a note now in your diary:

Monday 19th January 2009 at 7.45pm

Rabbi Dr. Akiva Tatz—'Dangerous Therapy in Medicine and Surgery'

Rabbi Dr. Akiva Tatz was born in Johannesburg, South Africa. After practising as a doctor in both South Africa and the U.S., he moved to Israel where he practised both in hospital and general medicine in Jerusalem and engaged in a number of year's Talmudic study and later teaching in Jewish thought and medical ethics in Jerusalem. He is the Founder and Director of the Jerusalem Medical Ethics Forum and has written a number of books on the subject of Jewish Thought and Philosophy.

Our Rabbi

You can contact Rabbi Lionel & Natalie Rosenfeld at rabbilr@marblearch.org.uk
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Our Website:

www.marblearch.org.uk